Amendments to the Specification:

Please replace paragraph **[0056]** on page 13 with the following amended paragraph:

[0056] Composite insulation materials of the present invention, which are preferably flexible, are characterized by the following attributes: (1) high thermal resistance, which results from low thermal conductivity and high thickness; (2) incompressible (i.e., thickness does not decrease with increasing ambient pressure, as opposed to (perhaps local) uniaxial pressure); (3) low thermal conductivity (i.e., aerogel have among the lowest material thermal conductivities, which are of the order 0.01W/m-K); (4) low weight/buoyancy (i.e., comparable to current foamed neoprene (RBX™) wet suits~~) between~~ , a weight of about 4 kg and a density of about 293 kg/m^3); (5) swimmable (i.e., insulating garment does not impede swimming); (6) durable; (7) flexible (i.e., to facilitate swimmablity, donnability, and general wearer comfort); (8) drapeable (i.e., easily folds as a measure of "donnability"); (9) stretchable (i.e., to facilitate swimmablity, donnability, and general wearer comfort); (10) mass-manufactureable (i.e., amenable to existing, cost-effective, conventional manufacturing processes); and (11) tailor friendly (i.e., material sewable by means of blind and through stitch as provided).

Please replace paragraph **[0073]** on page 17 with the following amended paragraph:

[0073] The current insulation used in NAVY diving, foamed neoprene, is a closed cell elastomeric foam. This insulation does not have sufficient thermal resistance for use in deep water. In particular, when this insulation is exposed to hydrostatic pressures of 350 feet of sea water, it compresses ~~to~~ 70 percent ~~of its original thickness~~. Due to this compressibility, the volume fraction of gas present in the foam insulation decreases 70 percent, thereby increasing the thermal conductivity by 200 percent. This change in thickness and thermal conductivity decreases the thermal resistance of the insulation (ratio of thickness to thermal conductivity) by 84 percent.